Week One

Meat Free Monday

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fruit salad Cinnamon toasty fingers	Selection of cereals Banana Oat Pancakes	Fruit salad Cinnamon toasty fingers	Selection of cereals Banana Oat Pancakes	Fruit salad Cinnamon toasty fingers
Snack	Cucumber with butter bean dip	Breadsticks	Crackers and cheese spread	Beetroot wrap with sour cream and chive dip	Pears
Lunch	Jacket Potatoes with Homemade beans and cheese Banana Custard	Tuna pasta bake with garlic bread Fruit Salad	Katsu chicken curry with rice and peas Chia Pudding	Chicken sausages with mash and mixed veg Baked Apple	Potato topped fish Pie with green beans Natural Yoghurt
Dietary Equivalent		Tofu	Halloumi	Quorn Sausages	Vegetable Pie
Snack	Melba toast and spread	Cheese and apple	Banana	Pineapple	Rice cakes with hummus
Tea	Lentil and vegetable soup with crusty rolls Watermelon	Scrambled egg and Soldiers Oranges	Butternut squash soup with bread fingers Mango	Spaghetti and Turkey meatballs Melon	Wholemeal savoury pancake with tuna Pineapple
Dietary Equivalent		Tofu		Quorn	Halloumi

Allergen Information

We take food allergies and intolerances seriously. All our meals are prepared on-site and may contain or come into contact with the following allergens:

• Cereals containing gluten • Crustaceans • Eggs • Fish • Peanuts • Soybeans • Milk • Nuts (almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia nuts) • Celery • Mustard • Sesame seeds • Sulphur dioxide and sulphites • Lupin • Molluscs

Full ingredient and allergen information for each dish is available on request. Please speak to Lisa or Paige if you have any food allergies or intolerances.